

# THE NW MISSOURIAN FALL SPORTS '10 PREVIEW



# Rinehart enters season optimistic

BY BRIAN BOSILJEVAC  
 Chief Reporter

The Northwest volleyball team is returning 11 players from last year's squad, including six seniors.

The majority of the team's starters have been putting in significant time on the court for three years now. Experience is something this team is not lacking on the court, but on the sideline first year head coach Jessica Rinehart will make her debut as a Bearcat.

"We have a ton of experience on the court," Rinehart said. "The majority of our starters have played not just last year, but two or even three years. So we have a ton of experience and that really helps, especially when you get into conference play."

Rinehart refuses to believe the coaching change will have a negative effect on the team this season.

"The team's adjusted great. We had an opportunity to start adjusting in February, all through spring ball," Rinehart said. "It really doesn't feel new to me. In the spring when I came in it was new, but everyone has been really open to it and we had a very successful spring. I think the coaching change isn't a big deal."

Besides the 11 returning players, the 'Cats also welcome back a previous leader to the team. After being dismissed from the team for the 2009 season, Rachel Nisi will rejoin the 'Cats for her senior season. Nisi started all 34 matches for Northwest as a sophomore and was a team captain her junior year.

"We had a tryout in the spring when I got here," Rinehart said. "There were about 15 to 20 players and Rachel just really stood out. She was a great communicator out on the court, she makes smart decisions and I loved everything I saw about Rachel in that tryout and that continued all through spring."

Rinehart also has sophomore transfer Tori Beckman from Kansas City, Mo. and freshman Whitney Mason out of Lincoln, Neb. on her watch list as newcomers to significantly impact the 'Cats this season.

Maryville graduate Leah Bostwick joins the squad this year as a walk-on. Bostwick helped lead the Spoofhounds to its first ever State tournament appearance last season.

Rinehart's first season as a head coach looks to be a promising one with the amount of experience this team boasts, along with a few key additions to the roster.

## NORTHWEST FOOTBALL



FILE PHOTO

**JUNIOR WIDE RECEIVER** Jake Soy charges downfield during the game against Missouri Southern last season. Soy was selected as a D2football.com preseason first-team All-American. To check out the 2010 football preview, see A10.

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# Holt, State Champs prepare for Class 3 jump

BY TONY BOTTIS  
Sports Editor

It is business as usual in the locker room and on the field at Maryville High School.

Out with the old Class 2 district and in with the new Class 3 bracket. However, for head coach Chris Holt, a fresh set of district foes is the least of his worries.

"I don't think our kids or coaches see it much different," Holt said. "We play way up (conference) during the regular season. The biggest difference is going to be cruising into those towns come district time and playoff time, you're going to be dealing with larger communities so you're going to be looking at deeper rosters and et cetera."

Districts will match the Spoofhounds against conference opponents Chillicothe and Cameron, as well as St. Pius X of Kansas City, Mo.

Even with the change in classification, expectations remain the same: bring home another State Championship.

"I think we got a pretty good chance to go

back," senior tailback Gavin Talmadge said. "Everyone is practicing hard and playing well. We're just as fast as we were last year, maybe a little smaller. I think we know what we're doing out there."

The 'Hounds will be sporting a new look on their helmets, with the yellow M on one side and with the players number on the opposite, but Holt assures the same style of football still remains.

"We're going to be the same boring Maryville," Holt said. "We'll run it, run it, run it and throw it every now and then. Defensively, we have a new defensive coordinator in Nathan Powell, but the scheme is virtually unchanged from last year. It's going to look just like Maryville."

In their first night under the lights, the 'Hounds' rushing attack was halted by the Lawson Cardinals 17-7.

"It's not so much young upfront, they're (MHS linemen) just inexperienced," Holt said. "Some of the kids are older kids, but they're still inexperienced. And we had a couple of bad snaps go over our head, got caught in a field position battle. So, when you're playing a good football team you



SETH COOK | MISSOURIAN PHOTOGRAPHER

**JUNIOR FULLBACK NICK Groumoutis cuts a run to the outside Friday. Maryville rushed for 111 yards, but the game was also filled with bad snaps and penalties from the Spoofhounds.**

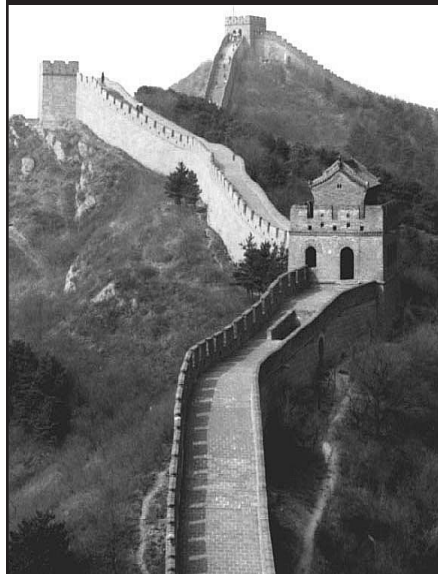
can't turn it over and you can't get beat in that field position war; those two things happened."

Holt said the only solution to fixing the issues the 'Hounds faced last Friday was repetition and

breaking down the game film.

The Smithville Warriors roll into town for a 7 p.m. kickoff tomorrow night for the first conference game.

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# Tennis takes swing at another MIAA Championship

BY KEVIN BIRDELL  
 Missourian Photographer

Both the men's and women's tennis programs ended last year on a high note, and plan to carry that success over into the fall.

The men's team grabbed the regular season conference title and also took the conference tournament title.

They then went onto the regional tournament, finishing No. 22 in the nation.

Nearly all of the team is returning this year to help try and repeat as regular season and postseason conference champions.

Malcolm Harrison, the team's No. 1 and the 2009 MIAA Player of the Year, will be back to try and help achieve these goals.

"I trained hard over the summer, getting out on the court," Harrison said. "I entered in a few small professional tournaments."

He also seemed enthused about the

upcoming season, thinking the team can build on last year's success.

"We want to try and repeat as the MIAA Champion, win the ITA and make it down to Florida," Harrison said.

The women's team was also the regular season conference champions last year and finished second in the postseason tournament.

Erika Leston and Sureena Weir both return as the team's No. 1 players this season.

Leston tried a new workout routine

this summer to improve her game.

"This summer I did a lot more conditioning than I usually do," Leston said. "I had a new fitness program, did more lifting and more running."

Outside these two, nearly two-thirds of the team was lost during the offseason and this year is looking to be a rebuilding year for the program.

"We have a very new team this year," Leston said. "We only have three members returning from last year, but we can get out there and win a few matches and

be very strong in the conference."

Head coach Mark Rosewell, the winningest coach in Northwest athletics history, is returning to lead both programs this fall, his 27th year at Northwest and his 29th year overall.

Rosewell is very optimistic about how this year is going to go and plans to surpass last year's accomplishments.

The women kick off the season Friday at the Washburn Invitational and the men begin play Saturday at the same event.

## Cross country runners unite

BY AUSTIN BUCKNER  
 Campus News Editor

The Northwest cross country team's dedication helped bring the team together on and off the course this summer.

Head coach Scott Lorek said many runners stayed in Maryville to run and train together. Lorek said it is that unity that has helped the 'Cats mesh as a team.

"You can see a lot of the bonding going on and the attitude of the runners pushing each other," Lorek said. "When you get a group of people motivated toward the same goal, they're going to push each other. We don't want to be individuals making the whole good. We want to be a whole making the individual good."

Northwest's Bearcat Open on Saturday, Sept. 11, marks the beginning of the season for the cross country program. Lorek said the home meet is a great opportunity for the 'Cats to test themselves

against some smaller, regional opponents.

"That's really just to get our feet wet," Lorek said. "It's just going to be a very small meet. It's not going to be a huge meet by any means, but it's a place to get started."

The women's squad enters the season ranked No. 4 in the region and No. 22 nationally. The men's team, unranked, also has their eyes set on the ultimate goal of reaching the national championships. Lorek said both teams have the talent to make it.

"Our goals have been to get better every year, to improve our mentality and our confidence, and we have been," Lorek said. "I'm just totally pleased with the progress the teams making and has done over the past several years. It's getting better each year. I think definitely on the womens side it shows from getting a national ranking that we're getting there and the guys aren't too far behind."



**SENIOR RUNNER JENNIFER DITTBURNER checks her time during a meet last season. The women's team enters the fall season ranked No. 22 nationally while the men begin unranked**

FILE PHOTO

### 2010 Northwest Golf Schedule

SEPT. 9-10  
 IOWA WESTERN INVITE

SEPT. 18  
 GRACELAND YELLOW JACKET INVITE

SEPT. 19-20  
 NEBRASKA WESLEYAN INVITE

SEPT. 27-28  
 OTTAWA INVITE

OCT. 4-5  
 UNO FALL CLASSIC

OCT. 7-8  
 BEARCAT FALL CLASSIC

OCT. 11-12  
 AVILA FALL INVITE



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# Boys' soccer sets high expectations

BY JASON LAWRENCE  
Managing Editor

A wealth of experience is a great asset. It is also an asset the Spoofohound soccer team has a lot of, especially on the offensive front.

"I think it (experience) will help us, especially in pressure situations in games," senior forward Dexter Barmann said. "We'll keep our cool a lot better."

The Spoofohounds garner an experienced group of forwards headed by Calvin Talmadge and Barmann, the two leading scorers from the team that went 15-7-2 last season.

"Dexter has been up there for three years and Calvin has been up there for two," head coach Stuart Collins said. "Those guys just seem to be able to read each other's

minds. It's very nice when they don't have to yell at each other where to be. They just seem to know where to be."

The defense however, has not played together much, with a big hole left to be filled in goal with two sophomores and a freshman that have no varsity experience vying for the position.

"I expect us to do really well," Collins said. "We have a young defense in experience, but I've got two seniors, a junior and a sophomore back there and they're really gelling well. It was one of my things a couple of weeks ago I was curious about, but right now, I'm really happy with them."

The 'Hounds have high expectations for conference play and the postseason.

Smithville handed Maryville its only conference loss last year as

they went 6-1.

"They're always our toughest opponent and they will be again this year," Collins said. "No question about it. They'll be our eighth game and our first conference game, so we'll find out then how we stack up...We'll go as far as these guys can take us and they can take me a long way."

The Spoofohounds will be putting that experience on display at the Barstow Tournament this week. They played Tuesday, but results were unavailable as of press time. Their next game is today in Kansas City, Mo.

"That (tournament) is so hard to read," Collins said. "If you base it off of last year, I think we'd do really well. You're talking about private schools and they can bring in lots of people and you just don't know what to expect. It's up in the air."

## SPOOFHOUND VOLLEYBALL

RACHEL TOBIN



leads the team

“Now, looking up to them [past seniors] makes me want to try and fill in their foot steps to help the younger people.”

### 2010 Maryville Volleyball Schedule

#### Home Matches


SEPT. 9	5 PM
LEBLOND	
SEPT. 14	5 PM
BENTON	
SEPT. 16	5 PM
LAFAYETTE	
SENIOR NIGHT	
SEPT. 21	5 PM
CHILLICOTHE	
SEPT. 30	5 PM
SAVANNAH	
OCT. 18	5 PM
FAIRFAX	



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 next game  
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 tonight  
 against  
 Lafayette at  
 home.

JASON  
 LAWRENCE  
 | MANAG-  
 ING EDITOR

## 2010 Maryville Cross Country Schedule

AUG. 31	MARYVILLE INVITE
SEPT. 7	CLARINDA
SEPT. 16	PLATTE COUNTY
SEPT. 21	BENTON
SEPT. 28	LAFAYETTE
OCT. 8	SENIOR NIGHT
OCT. 9	KEARNEY INVITE
OCT. 14	MT. AYR
OCT. 19	MEC
OCT. 21	RICHMOND INVITE

## 2010 Maryville Tennis Schedule

AUG. 30	4 PM
CHILLICOTHE	
SEPT. 2	3 PM
LAFAYETTE	
SEPT. 7	4 PM
SAVANNAH	
SEPT. 9	4 PM
LEBLOND	
SEPT. 10	9 AM
BENTON TOURNAMENT	
SEPT. 13	4 PM
BENTON	
SEPT. 15	8 AM
CAMERON TOURNAMENT	
SEPT. 16	4 PM
LAFAYETTE	
SEPT. 21	4 PM
SAVANNAH	
SEPT. 23	4:30 PM
CAMERON	
SEPT. 27	4 PM
LEBLOND	
SEPT. 29	8:30 AM
MEC	
SEPT. 30	4 PM
BENTON	

**BOLDDED GAMES ARE HOME**

# Girls' golf features program record 11 athletes

BY BRIAN BOSILJEVAC  
 Chief Reporter

The Spoofhound golf program has a record number of girls on the team's roster this season. This fall is the first time, during head coach Brenda Ricks' tenure, Maryville will feature a junior varsity team. Both the varsity and junior varsity teams are off to undefeated starts in 2010.

The team is stacked with experience after not losing any seniors from the previous season. Ricks is confident the team is prepared for the 2010 season

after several members of the team competed on the summer circuit.

"Our goals are to win Districts, Sectionals and State, along with Conference," Ricks said. "Some may consider this high expectations, but I do believe any if not all of these are possible."

The 'Hounds are off to a good start of reaching those preseason goals. Smithville fell victim to the 'Hounds during their home opener at Mozingo on Tuesday. The Lady Warriors lost the match 192-237.

Senior Amy Van de Ven shot a 44 to lead the way for Maryville and claimed the medalist position for

the day.

The 'Hounds came right back the next day to claim a win at Cameron.

Senior Shannon McClellan was the talk around the links on Wednesday. McClellan not only claimed the medalist position, she also recorded back-to-back eagles.

"None of the coaches or gallery can remember a golfer making two eagles in a round much less back-to-back eagles," Ricks said.

The 'Hounds will take on Lafayette in St. Joseph at 4 p.m. today.

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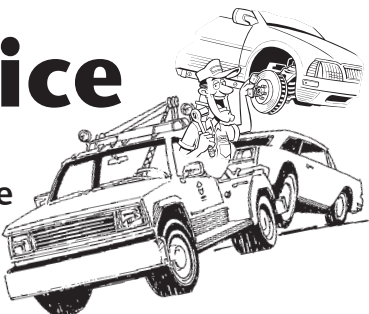


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## NORTHWEST MISSOURI STATE UNIVERSITY 2010 FOOTBALL SCHEDULE

<b>Sept. 2</b>	<b>Texas A&amp;M - Kingsville</b>	<b>6 pm</b>
Sept. 11	Open (TBA)	
Sept. 18	at Nebraska-Omaha*	6 pm
Sept. 25	at Truman*	1 pm
<b>Oct. 2</b>	<b>Missouri Western*</b> <b>(Family Weekend)</b>	<b>1 pm</b>
Oct. 9	at Missouri Southern*	6 pm
<b>Oct. 16</b>	<b>Emporia State*</b>	<b>1 pm</b>
Oct. 23	at Washburn*	1 pm
<b>Oct. 30</b>	<b>Fort Hays State*</b> <b>(Homecoming)</b>	<b>2 pm</b>
Nov. 6	at Central Missouri*	1:30 pm
Nov. 13	vs. Pittsburg State (Fall Classic IX at Arrowhead - K.C.)	2 pm
Nov. 20	NCAA First Round	TBA
Nov. 27	NCAA Second Round	TBA
Dec. 4	NCAA Quarterfinals	TBA
Dec. 11	NCAA Semifinals	TBA
Dec. 18	NCAA Championship - Florence, Ala.	TBA

\*=MIAA Competition

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